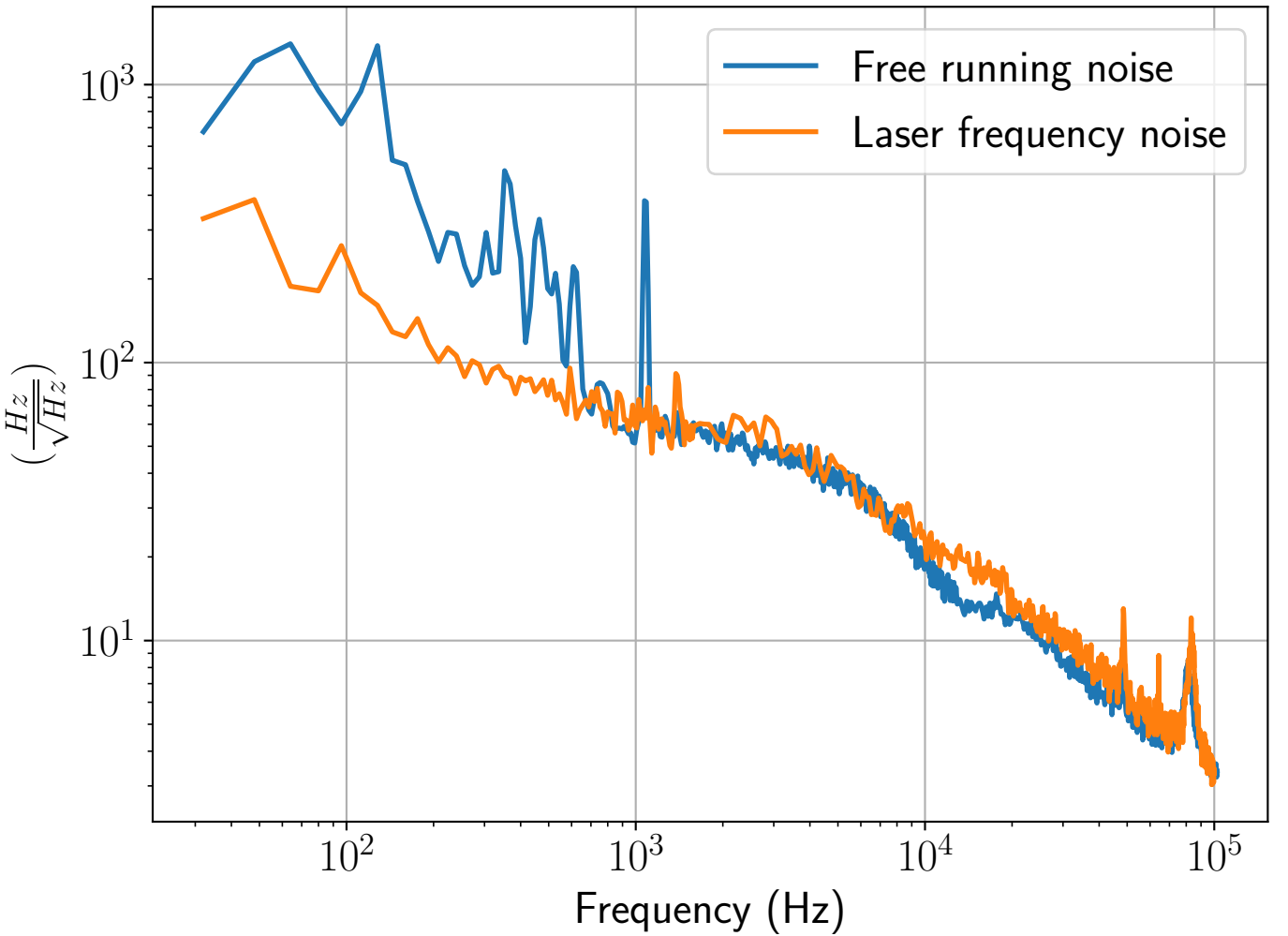

Free running noise
Laser frequency noise
10^3
10^2
10^1
$\left(\frac{Hz}{\sqrt{Hz}}\right)$
10^2
10^3
10^4
10^5
Frequency (Hz)